



# Infant Syndromes and Infectious Diseases Discussion Guide

## GENERAL INSTRUCTIONS

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*Facilitators: Use this discussion guide as a companion to the Infant Syndromes and Infectious Diseases videos for the group training. The training is divided into sections when the video is paused and you facilitate discussion about the topic. Discussion questions are designed to generate ideas among WIC staff about how the information and associated WIC codes apply to working with participants and what staff experiences have been*



## VIDEO 1: Infant Syndromes and Infectious Diseases

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This video describes the topics covered in the training: fetal alcohol syndrome, acute infectious diseases, and chronic infectious diseases. Neonatal abstinence syndrome training is mentioned as a separate offering. WIC staff are reminded that they don't diagnose but that their knowledge about signs and symptoms is valuable in providing a thorough assessment, nutrition education, counseling, and referrals.



## DISCUSSION 1: Fetal Alcohol Syndrome

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Discussion on screen:

What referrals are available in your agency for caregivers of infants or children with Fetal Alcohol Syndrome?

Are there different referrals for foster parents versus biological parents?

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If you have worked with participants with FAS, what do you think is important to keep in mind for supporting the child and the caregiver?

*Expected answers:*

- Referrals to providers and specialists who diagnose and treat developmental disabilities vary by local agency. Provide appropriate local referrals. For statewide referral resources that may be found in your area please refer to <https://azdhs.gov/prevention/azwic/agencies/index.php#info> (Local Agency Referral List Guidance and Local Agency Referral List Resource Database)
- Referrals for foster parents and biological parents are the same related to nutrition and health needs of children. Discuss any special resources that may be available to assist foster parents in your local agency, if applicable.
- Key ideas to remember when working with participants with FAS:
  1. Emphasize the parent's role in the care plan as a decision-maker and informed advocate for their own or their child's health.
  2. Provide information that is easy to understand and offering referrals to specialists and community resources.



Discuss whether there are special nutritional needs for infants or children with FAS.



## **VIDEO 2: Infectious Diseases – Acute (code 352.1)**

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This video section introduces how acute infectious diseases are defined and covers viral Hepatitis A and E. Other acute infectious diseases are covered in subsequent videos.



## **DISCUSSION 2: Infectious Disease Revelation**

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Discussion question on screen:

When in the assessment process is an infectious disease most likely to be revealed?

*Expected answers:*

- When asking about medical or health conditions
- When asking about dietary restrictions



Seek clarification about whether an infectious disease was diagnosed by a health care provider, and if the disease should be classified as acute (diagnosed within the past six months) or chronic (more than six months).



## **VIDEO 3: Meningitis**

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The video covers viral and bacterial meningitis. It emphasizes the danger of a bacterial meningitis infection to pregnant women and babies in utero. Prevention through vaccination is promoted.



## **DISCUSSION 3: Newborn and Relative with Meningitis**

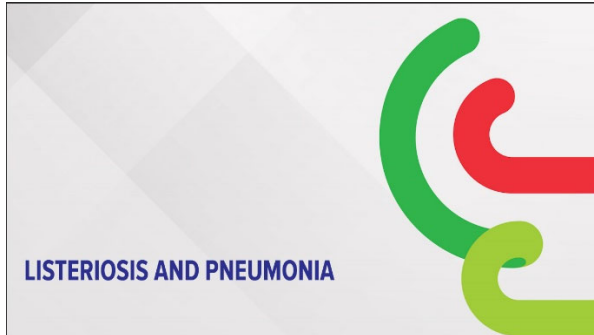
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Discussion on screen:

You are certifying, Isabelle, a postpartum mom and her five-day old daughter. Isabelle mentions her brother-in-law is being treated for meningitis. He was away at college when he got sick. Now, he is back home living with Isabelle's in-laws. Her mother-in-law wants to come see the baby, but Isabelle is worried the infection could be carried into the apartment by her mother-in-law and her daughter getting infected. Her husband thinks Isabelle should let his mom come and visit. How do you respond?

*Expected answers:*

- Acknowledge Isabelle's concerns about the infection and her newborn and the concern about offending her mother-in-law.
- Provide education about how meningitis is transmitted and how to keep her daughter safe from infection.
- Ask how long her brother-in-law has been taking antibiotics.
- Encourage her to talk to the baby's healthcare provider about safely having her mother-in-law visit the baby.



## **VIDEO 4: Listeriosis and Pneumonia**

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This video continues coverage of the acute infectious diseases listeriosis and pneumonia. The content emphasizes the potential harmful effects to pregnant women and infants for both diseases. Vaccination for bacterial or viral pneumonia is promoted for prevention.



## **DISCUSSION 4: Do I Really Need to Worry?**

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Discussion on screen:

You are certifying Camryn. She is in her first trimester. You review what recommendations she got from her healthcare provider and ask if she has any questions. She mentions that she was told not to eat deli meats or hot dogs. Camryn comments that when she told her sister about not eating those items, her sister, who has already had two children, said she doesn't think it's a big deal and not to worry about it. Her sister ate while pregnant both times and nothing bad happened.

What do you discuss with Camryn?

*Expected answers:*

- The bacteria *Listeria monocytogenes* is commonly found in deli meats and hot dogs, and it grows in cold temperatures even when foods are refrigerated.



## Infant Syndromes and Infectious Diseases Discussion Guide

- Pregnant women are 10-20 times more likely than the general population to become infected. Infection can cause miscarriage, stillbirth, or lifelong health issues for the child.
- Example: “It’s wonderful that the added risk of eating deli meats and hot dogs didn’t affect your sister’s pregnancies or her children. How do you feel about not eating deli meats and hot dogs during these months when your body’s defenses are lowest, and your baby may be affected? If those things are hard to give up, would you consider cooking deli meats or hot dogs to a safe temperature that kills harmful bacteria?”



Deli meats and hot dogs are safe to eat when cooked to an internal temperature of 165F, or until they are steaming hot. Wash hands thoroughly when handling raw or undercooked foods can prevent infection.



## VIDEO 5: Bronchitis and Parasitic Infections

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The first topic covered in this video is bronchitis, and that because it is caused by a virus. Antibiotics are not effective treatment. It mentions that smokers are more susceptible to bronchitis. The second topic is parasitic infections and focuses on toxoplasmosis because it is the leading cause of foodborne illness death in the United States. There are reminders about acute infectious diseases at the end of the video.



## DISCUSSION 5: A Cold?

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Discussion on screen:

You are certifying a four-year old boy, Miles, who has coughed several times while in your office. His grandmother, who is his caregiver, mentions:

- He is getting over a cold he had a couple weeks ago
- He felt warm last night and was tired early, so she put him to bed
- His symptoms are similar to eight months ago when he was treated for bronchitis
- He seems better this morning, so she doesn't plan to go to the doctor

What do you discuss? What referrals should be made?

*Expected Answers:*

- Because Miles was diagnosed with bronchitis eight months ago, encourage the grandmother to have Miles seen by his healthcare provider if he doesn't get better with extra rest.



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## Infant Syndromes and Infectious Diseases Discussion Guide

- Ask the grandmother what recommendations she was given for caring for him the last time he had bronchitis.
- Discuss the importance of monitoring his temperature for a fever and his liquid and nutritional needs to support getting well.



Remind caregivers that children with bronchitis may have reduced appetite. It's still important to keep them well hydrated and offer a variety of healthy foods. In the case of a sore throat or difficulty swallowing due to coughing, consider offering softer foods with small sips of water or milk between bites.





## **VIDEO 6: Chronic Infectious Diseases (code 352.2)**

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This video introduces chronic infectious diseases and covers HIV and AIDs. It focuses on pregnant women and managing their health if they are HIV positive. Active Antiretroviral Therapy and weight management are important during pregnancy for women who are HIV positive.



## **DISCUSSION 6: HIV Myth or Reality**

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Discussion on screen:

You are certifying a new baby and her postpartum mom who was assigned WIC code 352b during pregnancy due to being HIV positive.

Decide whether each statement is myth or reality and why.

1. Only non-invasive methods of hemoglobin assessment should be used.
2. Code 352b can be applied for her postpartum certification.
3. The baby is HIV positive.

*Expected Answers:*

1. Myth – following universal precautions protects both staff and participants whether they have disclosed an infectious disease or not.
2. Reality – her HIV status is considered a chronic condition that will be ongoing.
3. Myth – the baby's HIV status is unknown until tested and diagnosed.



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## **Infant Syndromes and Infectious Diseases Discussion Guide**



Moms with HIV should pay special attention to food safety when preparing and storing foods. Participants with HIV are more susceptible to foodborne illness due to their body's weakened immune system. Discuss the importance of checking expiration dates, avoiding raw and undercooked foods, and cooking meats to a safe internal temperature.



## VIDEO 7: Hepatitis B, C, and D

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This video covers Hepatitis B, C, and D if they become chronic conditions because they can also be acute infections. Transmission methods are reviewed. Health consequences due to liver damage are emphasized. Breastfeeding is emphasized as safe if the mother's nipples are not cracked or bleeding. The Hepatitis B vaccination is promoted as prevention of Hepatitis B and D.



## DISCUSSION 7: Chronic Hepatitis – What's Your Experience?

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Discussion on screen:

If you've provided WIC services to participants with Hepatitis B, C, or D infections, what concerns do they express? Also, what health management or nutrition needs have been important?

*Facilitators: Gather responses. If staff have not had experience with the infections, remind them that if they encounter a participant for whom the code will be assigned, to refer to the Nutrition Risk Manual for guidance.*



Participants with Hepatitis B or C can meet their body's nutritional needs with a healthy variety of foods. Pay special attention to reduced appetite or difficulty maintaining weight.



## VIDEO 8: Wrap-up

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This video reviews the many topics covered in the training:

- Fetal alcohol syndrome
- Acute infectious diseases including: Hepatitis A and E, meningitis, listeriosis, pneumonia, bronchitis, and toxoplasmosis
- Chronic infectious diseases including HIV, AIDS, Hepatitis B, C, and D

The risks to pregnant women and babies are emphasized along with their special healthcare needs in managing any of the conditions.

*Facilitator: After the summary video, you may ask some or all of these reflection questions.*

- *What do you think is the most important information to remember from this training?*
- *What do you still need to learn more about (or what are you confused about)?*
- *Based on the content in this training, what is something you can do to provide exemplary service to participants?*